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Observer

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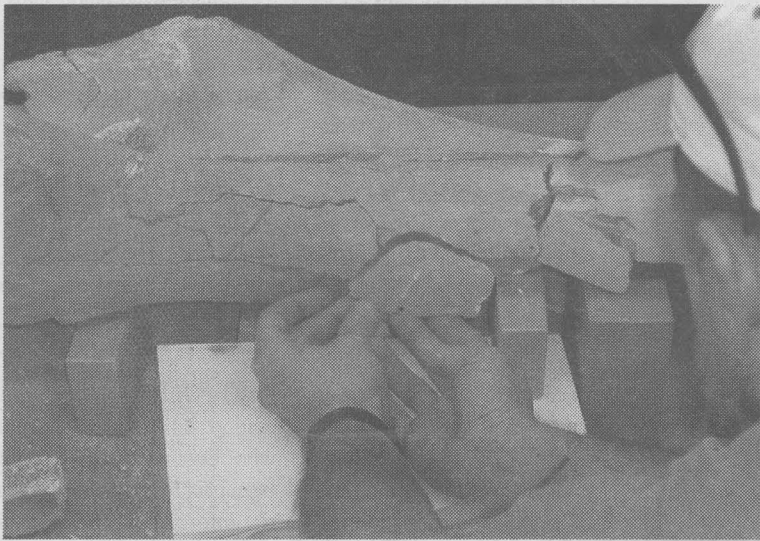
The Observer

May 5, 2005
Central Washington University
Volume 78, Number 22

PERIODICALS
DESK

Go big or go home

Prehistoric Discovery



Fixing the Fractures (Top left): Central anthropology professor Patrick Lubinski pieces together parts of what is presumably a mammoth skeleton found outside of Selah, Wash. Researchers from Central and the University of Washington are coordinating the excavation. Currently no time table for completion of the project exists.

Prehistoric Versus Contemporary (Bottom right): The partially completed humerus is placed next to a modern cow's humerus to illustrate the size difference. This is currently the largest reconstructed piece of the mammal, but there have been tusk pieces and other small fragments unearthed.

See page 4

Identity thieves target unsuspecting students

ID thieves find students easy prey

by Allison Maddox
Staff reporter

You attend a party with many of your trusted friends. You know most of the people there anyway, so you leave your purse with all of your belongings in it, crammed between two chairs where nobody is likely to notice it. However, when you come back to claim it, it's gone.

This situation happened to Melanie Sterling, freshman education major. Sterling had a charge on her debit card that was made in her name after her purse was stolen.

"I handled the situation immediately by canceling my bank and credit cards but it is still scary to think about some-

body else having my things," Sterling said.

According to Steve Ritteriser, Central's director of public safety, identity theft happens to college students every day. However, most do not realize that their identity has been stolen along with their personal possessions until months later.

In 2004, around 29 percent of victims of identity theft were between the ages of 18 and 29, according to a recent Seattle Times article. The FBI considers identity theft to be the fastest-growing crime in America.

"Older teens and college-age students are prime targets," said Diane Terry, senior director of the fraud victim assistance unit in an interview with the Seattle Times. "Living in [residence halls] or apartments where people tend to come and go means there's more risk just by the sheer number of people who have access to their information."

According to Ritteriser, while many

students become careless with their belongings at college parties, the most common cases of identity theft come from solicitors on campus.

They have students fill out credit card applications which require students to provide personal information including full name, date of birth and social security number. Answering these questions could make students targets for identity theft.

"Be suspicious of anyone that's asking for personal information," Ritteriser said. "When people come up to you and have some out-of-

world deal, that is where you will fall into trouble."

While most applications students fill out go to a secure location at the credit card company, there are a handful of them that get sold to identity thieves. Therefore, it is harder to distinguish a case of identity theft, Ritteriser said.

"The repercussions for both the victim and the culprit result in a great deal of time consumption and plenty of money spent," Ritteriser said. "The student is also liable for counterfeit checks that the thief may have used."

Erika Stevens, freshman nutrition major said, "I get calls all the time saying that I won some trip or something. They always ask unnecessary questions like what my social security number is. I never give it to them."

Ritteriser said the second most common case of identity theft students may fall victim to

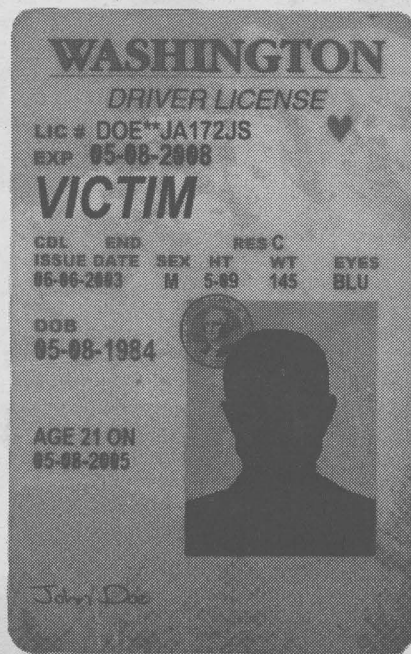
is door-to-door solicitors who offer sales on books, magazines, jewelry and perfume.

"They will ask to see your ID for security reasons and then record your debit information and charge it against your credit," Ritteriser said. "You are also at risk for a steal-in-home burglary with these kinds of thieves."

This means that while the thieves are in your home they will often ask you to go and find something in a back room and then steal your personal belongings at the same time.

According to the Federal Trade Commission, common signs of identity theft include not getting expected bills, receiving credit cards that you have not applied for, or being called by debt collectors about products that you have not purchased.

If any of these things have happened to you, contact your bank and credit card companies and check for current purchases and transactions.



Crooks scam students by phone, cyberspace

by Rebecca George
Staff reporter

For something that seems like a no-brainer, identity theft is literally scamming its way into people's wallets and leaving them penniless.

Crooks posing as reputable companies may send e-mails or make phone calls asking students for personal information.

A common scam going around campus telephones is from an agency claiming to be giving away free government grants, provided that students

supply bank account and social security numbers for alleged background checks.

"I fell into that trap," said Hannah Spencer, sophomore major undeclared.

Spencer explained that an agency called and asked for her bank account number after telling her she had won a \$10,000 grant from the government.

"I gave them my account number in full trust then I never heard anything back from them," Spencer said.

Luckily for Spencer, her parents immediately transferred her account to avoid any possible theft.

Being asked to supply telephone or social security numbers, bank account information, address or residence location and other private information are often red flags for identity theft.

Here on campus, the Information Technology Services Department abides by set policies and requirements

that protect private information of students.

Under the Family Educational Rights and Privacy Act (F.E.R.P.A.), Central Washington University is required by law to protect any data that might be in the hands of the University.

"Basically, it protects any data that you have in our system, including grades, phone numbers, social security numbers, e-mail addresses and more," Rahm said.

Under the F.E.R.P.A. students are

asked upon admission to the University if they wish to activate their F.E.R.P.A., meaning students have the right to keep all personal information private, even from parents.

"We don't disclose anything," Rahm said. "It's part of the whole culture policy as far as not only protecting data electronically, but making sure no one can hack in as well."

All students, upon admittance, are required to submit a health inventory with pertinent insurance and medical history, along with their housing applications.

Students are protected under the Health Information Portability and Accountability Act (H.I.P.A.A.). With the amount of information the University has on a student's medical history, conditions or insurance, the ITS department works closely with the H.I.P.A.A. to ensure that such valuable information be kept private and out of the hands of any public entity.

The GLB Act, named after Gramm, Leach and Bliley, the congressmen responsible for passing the act, protects all financial information of students in the University's system.

"Anything to do with a student regarding anything financial has to be protected by law," Rahm said.

The GLB covers any financial information on students, including those who have worked on campus, have been paid by the University, social security information, have anything to do with payroll, financial aid and more.

"We're making sure information doesn't get into wrong hands," Rahm said. "[We're] doing our job to make sure servers are working with all groups on campus, all data is encrypted and centralized in our computer facility which is locked, secured, and alarmed."

Rahm offered some tips for students to protect themselves from identity theft, such as being wary of calls from people pretending to be from specific departments at school. Chances are it's a scam as the University already has access to student information through administration.

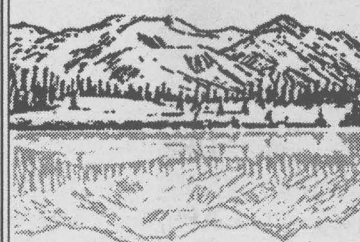
He also said that if you receive e-mails from a reputable-looking company looking for personal information, it may be a scam.

"If you enter a social security number in an unsolicited request, you absolutely set yourself up for problems," Rahm said.

A representative of Computer Consultants, in Ellensburg, offered this tip for students: "Don't ever release any information over the Internet or telephone that you wouldn't want printed on the front page of a newspaper."

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news briefs

Charges made in possible assault

Two local men have been arrested in connection with an alleged assault of three college students April 23.

Adrian Jarshaw, 24, and Justin Weekes, 23, were arrested on charges of simple assault. Arraignment is set for May 9 at 9 a.m. in Kittitas County District Court.

According to a witness report taken from one student, the incident ensued after one of the two reported assailants shouted a derogatory slur pertaining to one of the student's sexual preference.

Senior celebration

Local bands Q-Dot, PureFire, Below Average, Oxbowscar, Device, Pick-Pocket, and Blue Scollars will be performing at the senior celebration. Smokin Joe's will be providing food and the booking of a headlining act is in the works.

Safe-Ride

Noon Wednesday, May 11, in the SUB Owhi room, a student forum concerning the direction and operations of the safe-ride program will be held. Topics of the forum will include: development of a transit system throughout Ellensburg, stop locations, hours of operation, name change of program, operations of program, and bus/van decor.

Who's got the shot

The "Who's got the Hot Shot" 3-on-3 basketball tournament sponsored by Coca-Cola and the C.E.L. June 4 will be located on 4th Street between Pearl and Pine streets. Teams of up to four people, 18 and over, can register at the C.E.L. office (SUB 104), with event coordinator R.J. Browning, or by calling the C.E.L. at 963-1524. The cost is \$20 per team and includes a T-shirt. The winners will receive Mariners tickets.

Activist Angela Davis to head social forum

by Danielle Martinez
Staff reporter

Internationally known activist Angela Davis will be the keynote speaker at the second annual Social Forum. Sponsored by the The Center for Excellence Leadership, the forum begins at 1 p.m. tomorrow with a series of faculty-led discussions.

"Angela Davis is a true American hero," said Djordje Popovic, program coordinator for the diversity education center. "The most well-rounded person of our times, Angela Davis is an accomplished writer, influential public intellectual, and an activist that continues to challenge the powers that be."

Now she is a professor in the History of Consciousness Department at the University of California, Santa Cruz. In 1994, she was appointment chair of the University of California Presidential Chair in African American and Feminist Studies.

Davis has been a teacher, writer and activist for more than thirty years. She has written five books and countless and contributed to journals and anthologies.

In 1972 Davis was placed on the FBI's Top Ten most wanted list, but later acquitted on all charges. Davis was incarcerated for 16-months and a worldwide "Free Angela Davis" campaign was created. After her acquittal, she wrote many books and continues to teach and speak on behalf of social change.

"Our goal is to create an opportunity for the CWU community to connect, educate and bring ideas together on how to create another world that is sustainable," said Diana Bedwell, student of the symposium planning committee in a press release.

The conference theme of "Personalizing Change: Making Another World Possible" is geared toward the unity and progression of global thoughts and change.

Modeled after the World Social Forum (WSF), the conference is an attempt to create leadership opportunities and social change, according to senior business administration major and organizer Kevin Lillybridge.

The WSF is a collective of international organizations, NGOs and activist that organize to challenge multinational organization such as the WTO. This collaboration is the model for Central's symposium. The forum is a venue for various departments, professors, students and guests to join together, discuss issues, and create a plan for the future.

The Social Forum is geared toward unity and open discussion between students and faculty.

"One of the goals for the conference is an open discussion area for students and professors on the same base," Lillybridge said.

With 14 presentation, the symposium will tackle issues including critical education, ethical business practices, women and globalization in biology, political science, geography, business administration, education and history.

The conference kicks off at 8 p.m. today at Club Central with a free concert by the Seattle-based band, Pedro the Lion. Students can register for the Social Forum at www.cwu.edu/~diversity/speakers.html.



Angela Davis, author and professor at UC-Santa Cruz, will speak at 8 p.m. Friday in the music building.



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Possible mammoth bones found

by Pat Brown
Asst. news editor

Central faculty and students will begin an archeological dig outside Selah where a contractor recently discovered bones of what is believed to be a prehistoric mammoth.

Gary Fife, discovered the bones while building a private road last February. A bulldozer may have damaged some of the specimens.

"I had seen a bone poking out of the dirt and noticed it wasn't from anything modern," Fife said. "It just looked different from an old horse or cow... looked to me like it could have been a dinosaur."

A memorandum of understanding was reached last week between the landowner and Central. The project's initial planning is underway.

"Our primary objectives are scientific and educational," said Morris Uebelacker, chair of the Geography and Land Studies Department and member of the research team. "We're trying to understand the environmental context of these bones, their distribution and anything else we can learn about mammoth ecology."

The research team is made up of three Central professors, two University of Washington professors and various graduate and undergraduate students. A documentary of the excavation is being compiled by Central professor Michael Ogden as well.

The bones are referred to as a surface find when initially unearthed. A pieced together surface find is known as a specimen.

It is not known how old the bones are, but radiocarbon dating on the specimen are in the works.

Mammoth remains are not uncommon in Washington state. Hundreds of remains have been found in the state. The only Washington counties that cannot claim a mammoth finding are heavily wooded counties in western Washington and extremely small counties in eastern Washington.

Most findings are of single skeletal elements, with molars being the most common discovery.

The bones are believed to be that of a Columbian Mammoth. Oddly enough Columbian Mammoth specimens were made the official state fossil almost seven years ago to the day of the discovery by Fife.



Columbian Mammoths were believed to have stood 11 feet tall at the shoulder and resembled a modern Asian Elephant with smaller ears and massive tusks.

They were herbivores, having dietary preference for grasses, sages, hedges, mosses, ferns and aquatic plants, all of which could have been found in the Columbia Basin floodplain, where most Columbian Mammoths have been found.

What is interesting about this finding is that the specimens have actually been discovered above what is believed to have been the highest reaches of the Columbia Basin floodplain.

The Moxee City Mammoth finding in 2001 redefined the highest reaches of the presumed floodplain and this finding is approximately 1400 feet above that mark.

All in all, the discovery is big news for rural Selah. Rumors have surfaced that the "Today Show" has plans to broadcast from the site.

The property owner has designed T-shirts promoting the excavation. The T-shirts feature a painting done by the property owner's wife, who also wrote a bluegrass song about the presumed mammoth.

The project is still in the very preliminary stages. University sources said that there may still be bones to find or everything could have already has been dug up. Right now no one knows for sure.



above: A member of the research team holds up a piece of bone fragment next to a piece of magnifying glass.

center: Jake Shapley, anthropology, finds a mammoth specimen in the dirt.

bottom right: Patrick Lubinski (left) Morris Uebelacker (center) and Bax Barton (right) look at and discuss a specimen while on site at the excavation.

bottom left: Pieces of mammoth tusks are displayed next to a centimeter scale.

Photos courtesy of Michael Ogden



Attack on students raises question of hate crime policy

by Andrew Van Den Hoek
Staff reporter

The alleged assault on three students from Central Washington University has raised the question of hate crimes in Ellensburg.

"This crime shows that anybody can be a victim of someone else's bias and prejudice," said Jenn Ham, student employee at the Diversity Education Center. "This is our campus and our community, and we have the right to feel safe here."

Though the alleged hate crime wasn't committed on campus, it has raised

the question of what Central is doing to respond to crimes of this nature and what the school is doing to prevent them.

"Starting January... Central began to put in place a new Bias Response Plan," said Leslie Webb, director of the Diversity Education Center. "This plan streamlines the process by which students can report bias motivated incidents, determine whether an incident is a hate crime, and deal with how the incident affected them."

According to the Diversity Education Center Web site, bias-motivated incidents are any negative incidents motivated by a person's percep-

tion of another person in relation to their race, religion, age, disability or sexual preference.

The FBI says a hate crime must involve assault, murder, destruction of property, harassment, or arson.

"The Bias Response Plan is more than just a tool to report bias motivated incidents. It's a process that students can work through to help cope with how these incidents affected them," Webb said. "For some students, all that's needed is an outlet to report an incident, for other students the process has to go much further than that."

Webb said on average, the Diversity

Education Center receives one report of a bias-motivated incident per month.

"In many instances we are the first representatives of the university that have an opportunity to hear about a suspected bias-motivated incident," said Chief Steve Ritterer, director of Public Safety and Police Services. "Our officers are well-educated in hate crime detection and will look to determine whether or not the incident fits the FBI definition of a hate crime."

The Ellensburg Police Department has their own procedures and policies for dealing with hate crimes.

"We take all crimes very serious, but

the nature of a hate crime is much different than two individuals getting into an argument about who makes a better truck, Chevy or Ford," said Captain Ross Green of the Ellensburg Police Department. "With a hate crime you have a true victim who has been wronged in some way simply because of their race, religion, ethnic, or sexual orientation. We take these types of crimes very serious. We have no tolerance for this kind of behavior in our community."

More information on the Bias Response Plan is available at the at www.cwu.edu/~diversity.



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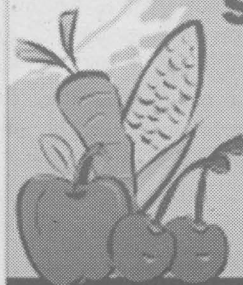
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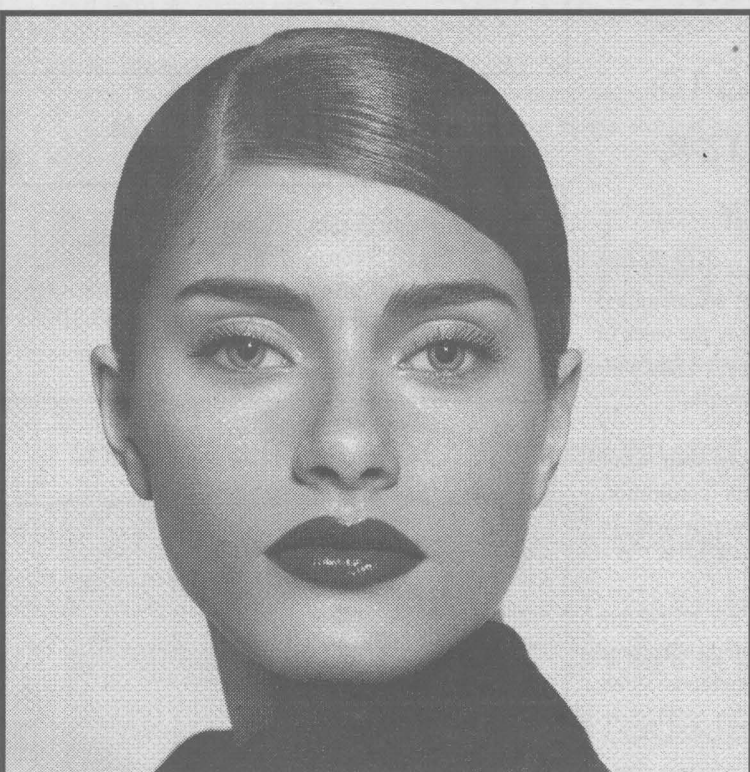
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Jenn Turner

On the weekend of April 23, a couple of Ellensburg residents attacked three Central students. While the motivation

behind the attack is still unknown, the message conveyed by the actions of the individuals involved was loud and clear: we hate you because you are different from us.

Initially I was shocked, as I assumed most people were, at the news of a potential hate crime committed in our own town, by seemingly ordinary people. If you skimmed over the news and paid little mind to such a horrific act, your apathy disgusts me, and you should be ashamed of yourself.

There will always be controversy surrounding hate crimes in the legal sense because the motivation behind them is based on opinion, which is very hard to prove in a court of law. After all, a great majority of the circumstances leading to and continuing throughout the founding of our nation could be deemed hate crimes.

The first settlers killed and enslaved the majority of indigenous people they found when they arrived on this soil because they were different. They justified their action by calling these human beings savages.

Soon after, an astonishing number of African natives were enslaved against their will or killed, this time for profit. They too were seen as uncivilized and therefore warranted the actions of their "sophisticated" captors.

Hate crimes target everyone. It really isn't about the person who is being attacked. The act is more involved with the attacker's own insecurities. In 1992, the United States Congress deemed hate crimes as "[a crime in which] the defendant's conduct was motivated by hatred, bias or prejudice, based on the actual or perceived race, color, religion, national origin, ethnicity, gender, sexual orientation or gender identity or another individual or group of individuals."

Sadly, that's a long list of people who apply. You and I fit in the list numerous times. Hate crimes don't only happen to the Matthew Shepards out there. They happen here in Washington state, in Kittitas County. In 1995, 266 hate crimes were reported statewide. That number peaked in 2001 at 279 crimes reported, and has since dropped in 2003 to 222 crimes reported. That year approximately 92 crimes were reported in King County and one crime here in Kittitas County.

Following the attacks on September 11, several individuals in the Seattle area attacked people of

Middle Eastern descent in what were deemed as "terrorism revenge attacks." Some set fire to a Seattle mosque, others intimidated patrons at an Islamic center in West Seattle. Two men even attacked a Sikh cab driver as he was driving them through a SeaTac neighborhood.

Last summer, a young Seattle man was attacked by three visiting Bellingham residents because they believed him to be gay. He had been walking down a street when the three jumped out of their vehicle and stabbed him repeatedly with a broken vodka bottle. They beat him so savagely that doctors could see the bones of his rib cage when he arrived at the hospital. The attackers justified their actions by stating homosexuality was

OBSERVANCE

History of Hate

against their religion.

Coming from a religious background, this makes me sick. First of all, I was never taught to force my beliefs on another and second of all, it is my own belief that the Bible teaches love, first and foremost. God never tells us to take vengeance into our own hands.

These hate crimes include murder, forcible rape, aggravated assault,

intimidation, robbery, burglary, arson and vandalism. And for a while, there was no law distinguishing these crimes from any ordinary criminal act. In 2003, Washington state legislators passed the Washington Hate Crime Malicious Harassment Act, which recognizes that "hate crimes are not separate, distinct offenses, but rather traditional crimes motivated by the offender's bias."

Sadly, people motivated by hatred are no longer holding secret meetings, ala the Ku Klux Klan. Take Central's Favorite picket enthusiast, Pastor Fred Phelps, as an example. Phelps has traveled from the deep south to Central on several occasions to picket events. GodHatesFags.com, is the official Web site of the Westboro Baptist Church, which Phelps founded in 1955. The site details over 22,000 "peaceful sidewalk demonstrations" at events like parades, homosexual-friendly events

and Matthew Shepard's funeral.

There are plenty of ways to combat hatred. The Anti-Defamation League (www.adl.org) has been around since 1913, fighting hatred, prejudice and bigotry. Web sites like HateCrime.org and clubs and organizations on campus like LGBTA, MECHA and the BSU allow students to educate themselves about diversity.

What it comes down to is **you**. Whatever action or inaction you choose is your choice, but by turning your cheek to ignore a situation or brushing off a racial slur, it adds up. Hatred doesn't affect one person or group, it spreads to everyone. Not tolerating just one situation can mean the world to one individual.

As for my beliefs on the matter, I think it's fine if a person wants to devote his or her life to hatred. I can't judge another's pursuits. However, I believe that if you're going to devote yourself to hating someone, hate **yourself** for being ignorant and not being able to wrap your mind around the real reason we are all here.

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Listed below are the deadlines for the Observer. The Observer office, located in Bouillon 222, is open weekdays from 9 a.m. to 5 p.m.

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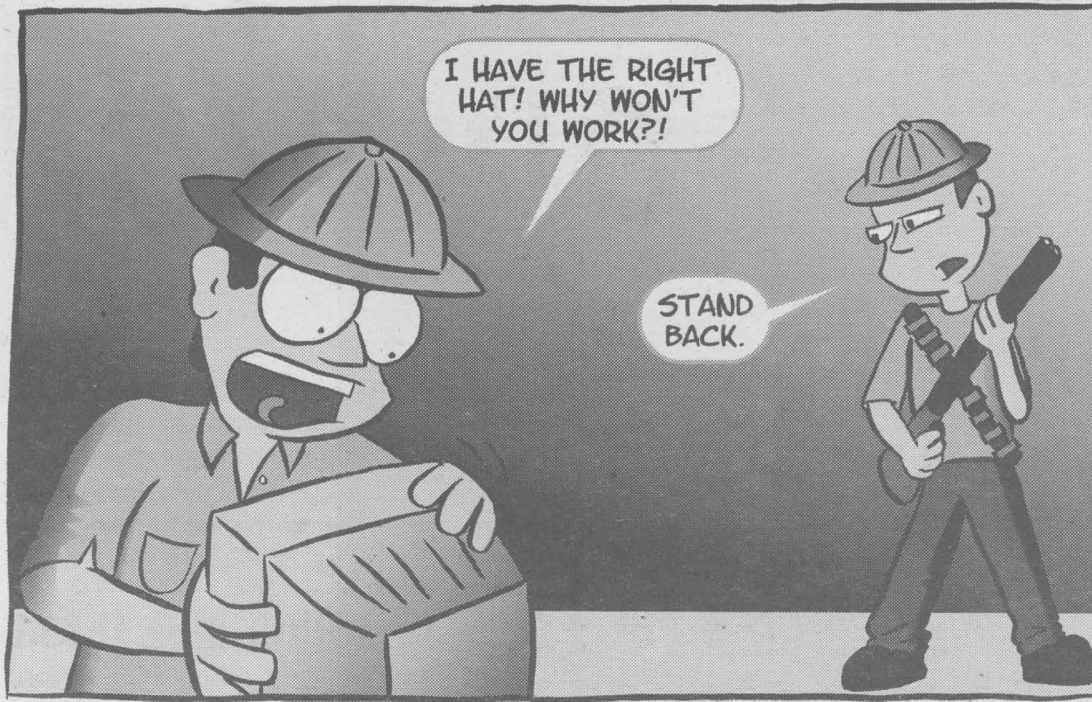
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- Monday, 3 p.m. - Weekend sports information.
- Monday, 5 p.m. - Letters to the editor.

ADVERTISING

- Thursday, 5 p.m. - Display ads.
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CWU'S ONLINE REGISTRATION SYSTEM, "SAFARI", CONFOUNDS STUDENTS

letters to the editor

Littlejohn is the man

Today I picked up the Observer on my early morning 50 minute break between classes as I do every Thursday, but this time was different... I was inspired by Pat Lewis' article about students lack of communication with the Observer.

Undergoing a great epiphany, I realized that I have been one of these 6000 non-communicative students letting this wonderful paper exist without any of MY outstanding input!! Thus I resolved to take the time out of my incredibly busy schedule, i.e. skip my afternoon nap, to write a few lines. I haven't been a full-time Observer reader until this quarter, but the changes that I have noticed are quite enjoyable!

The photo front is a great addition (probably one of the reasons I have become a full-time reader) and I'm well entertained by the thumbs up/thumbs down column, cartoon (I suggest adding a few more if possible), police blotter, and staff opinion articles.

But my ultimate favorite, the one that keeps me coming back for more every week, is Brent Littlejohn's random thoughts of a single lad! Highly entertaining and downright amusing, Littlejohn's thoughts cer-

tainly are random, yet definitely thought provoking. Thank you to all the Observer staff members!

Miranda Byman
junior foreign languages major

Reader gives thumbs up

I wanted to add my input on last week's newspaper. I agree with the idea that more people should give feedback on what the Observer writes. I especially enjoyed the opinion article on parenting. It had a great outlook, and was written with humor and it is something that a lot of college students experience. The new design of the paper is also more appealing. Keep it up!

Tyler Hertzog
senior communication studies major

Navigating SAFARI 101

The name SAFARI is quite an appropriate choice for our registra-

tion system. It is much like the real thing minus the khakis, range rover, and large caliber rifle. Finding what you need can be quite an adventure due to the navigation interface. I'm sure many can relate to my first time using SAFARI. Allow me to elaborate. When I logged in and saw 'SA Self Service'; my first thought was "SA? Do they mean the Student Assistants in the lab? This must be a mistake!?" But after clicking the link it made some sense. Being a computer science major I was not too happy with what I was seeing. In my user interface class we learned what features and techniques provide the user with a smooth and enjoyable experience.

Now, here is my whole reason for bringing up SAFARI in the first place. A better way to navigate does exist, though it is not fully functional. Perhaps it will make it into the recently mentioned updates. To check it out, log in and navigate to: SA Self Service > Learner Services > Home > Learner Services, and you will like what you see. This secret of SAFARI offers students a nice experience without needing to dig for what they seek. My hope in bringing this to light is that our SAFARI developers will be encouraged to implement this superior navigation method.

Roy Avery
senior computer science major

The fleecing of a student body

So there you are riding down the road on your bike, just trying to make your way to class when flashing lights and a voice telling someone to "pull over" can be heard behind you. At first you assume that he must be pulling over someone else but soon it becomes apparent that he's directing those instructions at you.

Next thing you know, you are the proud owner of a ticket for failing to comply with the Ellensburg city helmet ordinance. What helmet ordinance you ask?

That would be the one currently in its second reading before the Ellensburg City Council. It's a city wide ordinance that if passed would require all skateboarders, scooter riders, and bikers to wear a helmet while in the city.

It's important to note that this ordinance only applies to the use of streets, sidewalks, and other city property and that you're still free to ride up and down campus as you please. However, as soon as you role onto a street or city sidewalk without a helmet you become fair game for a fine.

This isn't an issue of whether or not helmets save lives, according to the National Transportation Safety Board you have 85% greater chance of surviving an accident if your wearing a helmet.

What this is a question of is whether or not the an ordinance is the right means by which to encourage students to wear helmets and whether students riding on the streets around our campus should be forced to wear a helmets.

You might ask what could a helmet ordinance possibly hurt? Well among other things a helmet ordinance could distract from other bike safety programs. Improvements like more bike lanes on our roads, accident avoidance courses, and safety lectures all save lives too. It would be a shame to

think that a helmet ordinance might make people think that when it comes to bike safety, we've got all our bases covered. In truth our town could do even more.

Worst of all, this is yet another ordinance that many students probably won't know about till it's too late and they find themselves with a fine. We live in a city that doesn't make a strong enough effort to inform a major group in its population, the Central student body, about the strict ordinances it has in place.

One examples of this is the city's strict noise ordinance. How about the ordinances regard parking down town in the evening. I wonder how many new Central students have had there cars towed because of that one.

One might argue that it's the residents responsibility to check the laws when they move to a new area. If you go to

some of the long time residents in Ellensburg and ask them if they've checked the laws on the books, how many do you think would say they did?

So what will this do to our parking problem? If students are in a rush to get out the door and don't want to throw on a helmet to get to class, the next fastest way to get from point A to point B is on four wheels. In short this could mean more cars in the parking lots and on the roads.

Like I said, helmets save lives but this helmet ordinance, in its current form, isn't necessarily the right answer for our campus or community. The good news in all of this is that Ellensburg City Council has been very open and encouraging to the community in regards to commenting about this issue.

If you too have concerns let the City Council know by e-mailing them at CityCouncil@ci.ellensburg.wa.us.



Andrew Van Den Hoek
Staff reporter

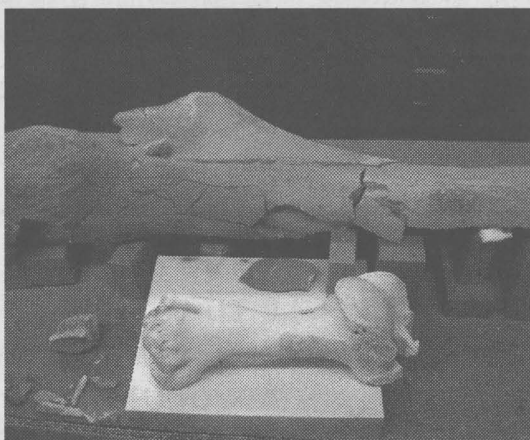
Been dreaming of the front page?

The May 19 edition of the Observer will feature a local artist's work on the cover. The competition is open to CWU students, staff and the general public. Send your art (photo,

graphic, drawing, etc) to Observer@cwu.edu.

***SUBMISSIONS MUST BE RECEIVED BY SUNDAY MAY 8 AT 6 P.M.**

***SUBJECT OF EMAIL SHOULD READ: "FRONT COVER ART SUBMISSION"**



Cover Image

This weeks cover images and corresponding story images were provided by Michael Ogden, associate professor, department of communications.

Last week's cover image was shot by Adam Goodman and Tighe McGillivray.

Design was handled by the photography and design staffs.

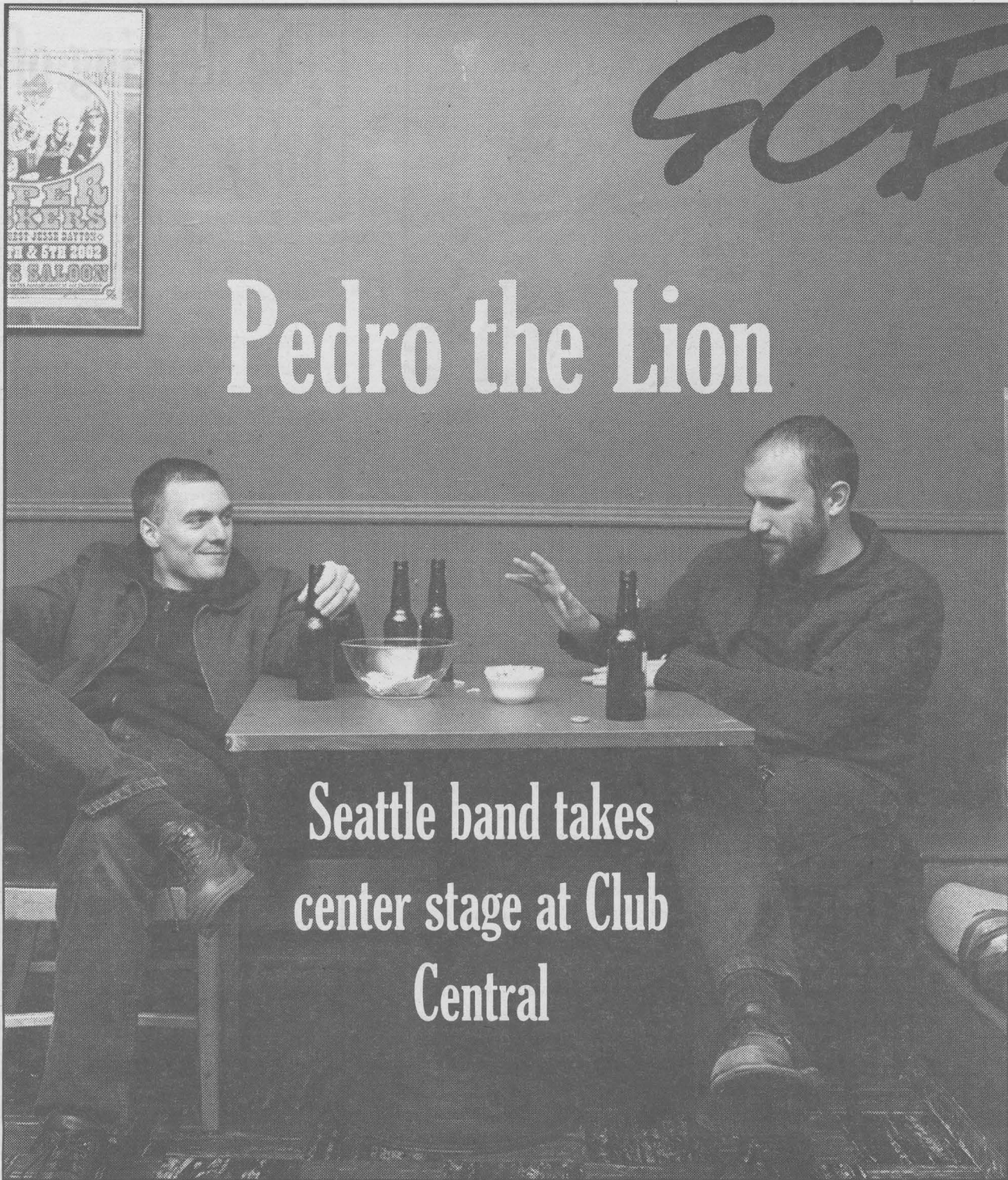
SCENE

Pedro the Lion

Seattle band takes center stage at Club Central

SHOW TIME
AT CENTRAL!

TIME: 7 P.M.
DATE: MAY 5
PLACE: CLUB
CENTRAL



Pedro the Lion is a band based out of Seattle and is known for performing emotionally charged narratives. Admission to the show is free.

photo courtesy of Pedro the Lion

by Joseph Castro
News Editor

Emo, folk and acoustic-rock are just a few of the genres Pedro the Lion fall into. If you're sick of labels and pigeon-holing and looking for something to do tonight put your faith in this genre-bending band that is playing a free show at Club Central.

"I'm stoked," Jordan Kooy, sophomore undeclared, said. "I'm actually really surprised that a band of that caliber would come and play here in Ellensburg, none-the less for a free show." Kooy has never been to a Pedro the Lion show but he owns two of their albums.

"I think they are very college radio friendly," Kooy said. "I expect to see quite a few people there."

Pedro the Lion, based out of Seattle, released its first record

in 1998 and has since toured internationally. Backtracking from Portland to two stops in Illinois, Ellensburg is the fourth show in less than a week for the band. Leigh Fernandez, senior psychology and primate behavior and ecology majors, saw Pedro the Lion perform in Boston four years ago and plans to see the show.

"You just chill when you listen to him," Fernandez said, referring to David Bazan, the founder of Pedro. Fernandez said Bazan has taken a different approach to his style since the Boston show.

"I saw David Bazan at a tsunami relief show in Seattle," Fernandez said. "He has changed a lot and I expect it to be quite a bit different this time."

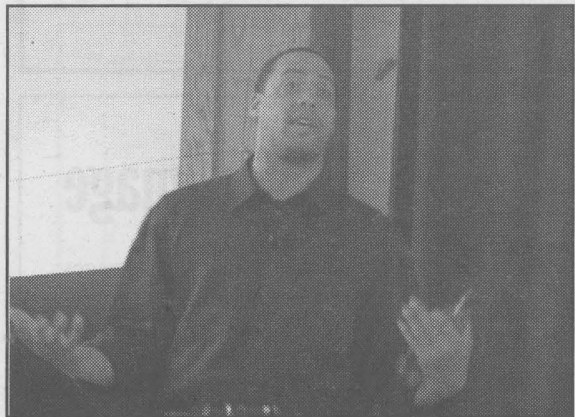
The show, sponsored by The 'Burg and the Center for Excellence and Leadership, starts at 7 p.m. at Club Central with opening band the Crustaceans, an Ellensburg based group.

"We at The 'Burg are really excited for the show," Marcus Tabert, music director for the 'Burg, said. "Pedro the Lion's always been one of the staples of college rock radio. If everything goes according to plan, we're going to get the band into the studio for an interview sometime between 6 and 8 p.m., so tune in for that."

Although the show is free to students, the cost of booking the band was not. Annie Phelps, coordinator for the Center for Excellence in Leadership, began planning the show two months ago.

"I got word from their [Pedro's] booking agent and how much they were and they were available. Pretty much right away we settled with Pedro." The show is provided by funds from the CEL which is funded by the S & A committee.

Visit their Web site at www.pedrothelion.com.



Pat Lewis/Observer

Several hundred Central Washington University students attended former NFL quarterback Don McPherson's speech on Monday.

"YOU THROW LIKE A GIRL" AND OTHER TOPICS

by Marty Maley
Staff reporter

Men are supposed to be strong, brave, prideful, smart leaders who don't cry or show emotion. But according to former NFL quarterback Don McPherson, that is thinking inside the box.

Tuesday night it was time to think outside the box. McPherson spoke to Central Washington University students in a presenta-

tion sponsored by the Center for Student Empowerment.

Several hundred male and female students attended the talk on violence that examined masculinity and social pressures placed on men. McPherson said it was time to talk honestly about the issues and not wait until something bad happens.

"I played professional football for seven years and nothing about my experience in professional football taught me to be violent

toward women," McPherson said. "I did not learn how to be a man when I was playing in the NFL. I learned to be a man when I was a little boy."

It starts, according to McPherson, when men are very young boys and they are taught to 'act like a man' and not to feel and not to cry. The worst insult they hear is that they are acting like a girl.

"When you say 'you throw like a girl,' you are saying that girls are

less than," McPherson said. "If you believe that another group if people are less than, you are more likely to abuse them."

The stereotypes that men are taught as boys encourage the violence that men sometimes initiate when they grow up. McPherson said that people are often told that 'boys will be boys,'

see NFL, page 10 ►

MADNESS:
WILDCAT
MADNESS
THAT IS
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RANDOM
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MOVIE NIGHT:
CHECK OUT LATINO
MOVIE MONDAY
PAGE 10

5 MINUTES:
FULL TIME
STUDENT, EMPLOYEE
AND VOLUNTEER
PAGE 11



Patrick Lewis/Observer

Three members of the Seattle Symphony performed with piano professor John Pickett in the Music Building on Wednesday. It was the first of two performances Pickett will be presenting.

Symphony members, Central prof perform Brahms, Dvorak music

by Heather Watkins
Staff reporter

Johannes Brahms, being a famous composer, had won a reputation on par with the greatest composers in history giving rise to the 'three B's': Bach, Beethoven and Brahms.

Three members of the Seattle Symphony joined Central Washington University's piano professor, John Pickett, to perform some of Brahms' greatest works Wednesday May 4 in the Music Education Building. Last night's performance was the first of two concerts in May that will present the complete Piano of Brahms Quartets.

Pickett organized the concerts for students to get a taste of some historical classical music. He was joined by Misha Schmidt on violin, Amos Yang on cello, and Mara German on viola.

Schmidt was recently featured on National Public Radio's "Sunday Morning from St. Paul." Yang was a member of the Maia String Quartet and served on the faculty of the Peabody Conservatory before joining the Seattle Symphony. German teaches viola at Central and is a graduate of the Curtis Institute of Music.

The concert was comprised of two pieces. The first piece was a trio in E minor titled "Dumky" by Antonin Dvorak.

The "Dumky" trio is the most famous of Dvorak's works. This piece is different from other piano trios because it does not contain a movement in sonata form or any variation. It is beautifully composed of folk song and dance.

"This trio is comprised of a series of dances, some fast and exciting, and others slow and beautifully expressive," Pickett said.

The second piece was a quartet for piano, violin, viola and cello in C minor by Brahms.

"This quartet is a powerful and dramatic work that contains some of Brahms' greatest melodies," Pickett said.

The next concert is set for 7 p.m. on May 14 in the Music Education Building.

"I am very excited for this performance," said Kati Sheldon, music education major. "Pickett is an amazing performer and I love the pieces that are going to be played."

Do I look like I need non-fat milk?

RANDOM THOUGHTS OF A SINGLE LASS

Sage beetles — On Thursday night, I successfully completed my audition for "Fear Factor," thus learning that Cosmo was right, it's never good to swallow. I was sitting on my couch, grabbed my can of soda for a drink, and upon swallowing, felt something foreign come in my mouth. Instinct made me bite down and I heard a distinctive 'crunch.' "OMGWTF?!" I spit, soda flew everywhere. There on the floor was the culprit: a six-legged, antennae Sage Beetle! As if it wasn't enough that these pests inhabit my house like they own the place, now they want my soda too? It was fine when I would just crush their defenseless bodies on the window sill, but it's gone too far... the beetles



Allison White
Online editor

are going down.

Starbucks — Now, I'm like any other girl who likes coffee... I like to treat myself to it occasionally. Friday morning I found myself in line for my triple venti toffee nut latte, and I was excited. My excitement dissipated, however, when as I waited for my drink, the barista cast me a questioning glance. He grabbed the pitcher of 'whole milk' but then set it back down in favor of the 'non-fat.' Was it a hint? Were my jeans too tight on my shapely hips? Or was he simply too lazy to steam more whole milk?

I would like to believe the latter, but I'll have to be proved right. I'm watching you, Mr. Barista!

Simple Plan — I'm not afraid to admit this: I love Pop-punk. I am a little obsessed with the Canadian band Simple Plan, but in their latest video, they've gone too far. As is the sudden trend with pop-punkers, SP have tried to "Grow Up" (pardon my pun) and took on the subject of drunk-driving in their video for "Untitled (How Could This Happen to Me?)."

First, it is cheesy times a thousand. Slow motion car crashes, rain and people flying out windows are not effective ways of conveying alcoholic-related crashes. Second, just because it is "serious" subject matter, it doesn't make them mature.

If they want to be mature, stop grabbing each other's balls and ditch the teenies. You are not The Moffatts, this is not Misery. Stop the 'maturing, grown-up' bullshit. Myself, and a lot of other fans would appreciate it.

Wildcat Madness takes over Central

by Pat Lewis
Managing editor

For those of you who have wished to whoop BOD at carnival style games, get with four of your friends and come down to Wildcat Madness May 11 at Nicholson Pavilion.

Formally Club Madness, this event combines food, fun and local businesses in an effort to get clubs into the spotlight. Club Madness has not happened during the stay of the current generation of students' attendance of Central Washington University, said Tony Aronica, vice president of Clubs and Organizations. The event was stopped because no one wanted to organize it.

"This is a resurrection of the event,

the last time we can find evidence of the event there were 500 in attendance, and we're hoping for half of that," Aronica said.

Wildcat Madness is part of a larger plan on part of Clubs and Organizations to have more interaction between themselves and the general student public. There has been one major event of this kind each quarter. Wellington's Wildfire in the fall and Project H2O in the winter have marked the previous quarters' events of this size. This particular event has been in the works since mid-winter quarter.

"I enjoy putting this kind of event on because it gives the students something fun to do," said Lindsey Jackson, administrative assistant to the ASCWU-

BOD.

Teams of five will compete in a variety of games. According to Aronica, they are hoping for 125 people to show up in order to make up 25 teams. The games will be broken into two categories: carnival style and those that will have a team-building aspect. Prizes will be handed out to the winning teams and will likely be a gift certificate package for each team member.

"From who I've talked to that attended the last version of this event, it was far more humorous from the spectators point of view," Aronica said.

see Wildcat, page 10 ►

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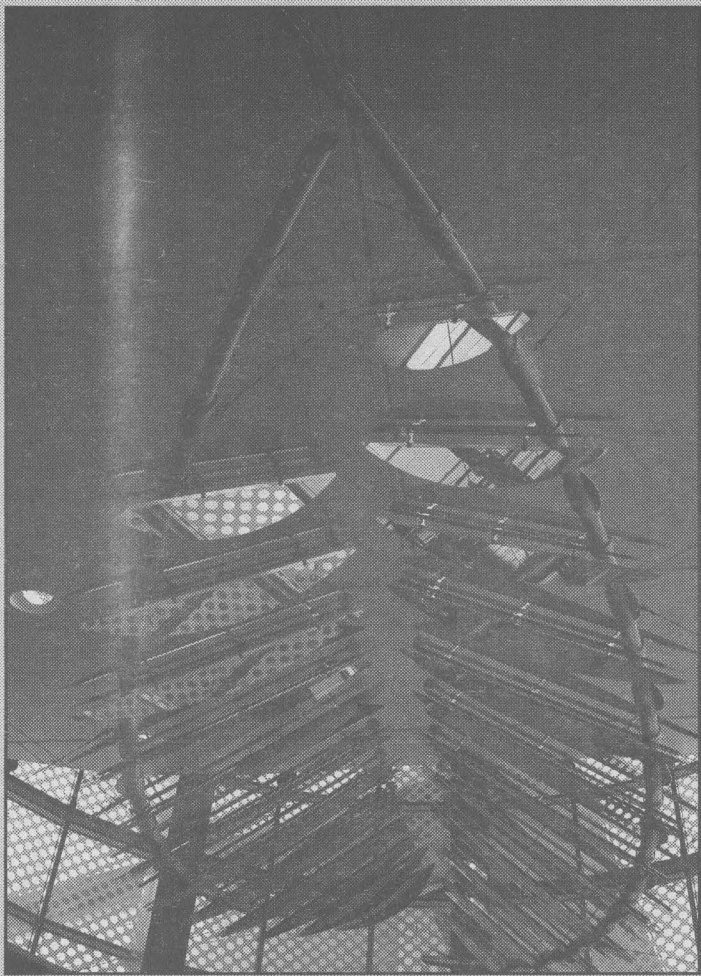
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- Tamale Pie
- Spanish Rice & Refried Beans
- Flour Tortillas
- Flan & Caramel Sauce
- Sopaipillas (Deep Fried Pastry)

A CWU Dining Services Special Event



Chris Gianunzio/Observer

"Radiance Revealed" Dedication ceremony for the sculpture by John Rogers will be at 5 p.m. on May 6 in the Music Building. The Music Department will provide entertainment.

Wildcat: The Madness continues

◀ continued from 9

Some games at the event will be darts, hoop shot, football toss, tug-of-war, human knot and many more. The games will be held in the Pavilion gym. Not only are there games in the Nicholson Pavilion, there will be a bar-beque to kick off the event at 6 p.m. Wednesday. Local businesses will be on hand selling goods. These vendors will add to the carnival atmosphere with

booths set up to sell food and trinkets. This year marks a concerned effort to involve the community. "Since clubs go into the community so much we wanted to bring the area back to campus," Jackson said. A raffle will be held for both participants and spectators. The largest items to be raffled will be three quarter-length scholarships. All of the competitors and volunteers will receive a free t-shirt. Currently, the event organizers have a fourth of the needed volunteer force, so sign up now to help out at Wildcat Madness.

It'll be the First Friday of the rest of your lives

by Carter Thomas
Staff reporter

When it comes to the greatest musical artists of the past 50 years, for most people the list would go something like this: The Beatles, Jimi Hendrix, Toto and Michael Jackson. Rising artist Vicci Martinez is well on her way to joining this list. She will performing at Ellensburg's First Friday Dance at 8 p.m. tomorrow at the Moose Lodge. "We're really excited to have Vicci Martinez," said Ren Allbright, booking agent for the first Friday club. "She's quite an amazing new artist." There will be an \$8 cover charge at the door for the general public, \$5 with a student ID or free for children 12 and under. The performance will be with a full band including musicians Keith Lowe (Fiona Apple's touring bassist), lead guitarist Rod Cook and drummer Darin Watkins. "I wanted to play with people that made me want to play," Martinez said. "Everything just fell into place." At age 20, Tacoma resident



photo courtesy of www.viccimartinez.com

Vicci Martinez will be performing for the First Friday Dance at 8 p.m. at the Moose Lodge. Admission is \$8 for adults and \$5 with student ID. Martinez has been singing and playing the guitar since the age of 13. As of now, Martinez has numerous albums out, including her most recent, entitled "Sleep to Dream" with a new record hopefully out by mid summer 2005. Martinez has opened for musicians such as Sting and Annie Lennox, and competed on TV shows including "Star Search" and "American Idol." She

draws influence and inspiration from all kinds of music with an emphasis on Daye Mathews. "I like anything with a good tune or a good groove," Martinez said. "Some songs just make you want to get up and dance." The Moose Lodge is grateful to house such a performance, and is going to great lengths to make sure that everyone feels welcome there. "It's an all-ages, non smoking venue. It's friendly to everyone," Albright said. For Martinez, a live show is an opportunity to let the crowd experience the music along with her.

"It's more of an emotional trip I want to take you on," said Martinez. "I mean, I'm not going to make you cry or anything..." For more information about Vicci Martinez or to purchase her newest album "Sleep to Dream," visit her Web site at www.viccimartinez.com.

NFL: Former quarterback discusses women's issues, violence in front of crowd in the SUB Ballroom

◀ continued from 8

which means that they don't expect anything more of them. It reinforces the low expectations placed on males and sends messages about what behavior is acceptable. "We don't raise boys to be men," McPherson said. "We raise them not

to be women." Each day four women are murdered in America, most often by someone they know. That equals 1,460 women murdered each year in this country, according to FBI statistics quoted by McPherson. When it happens it is called domestic violence or women's issues, he said, instead of calling it what it is —

male behavior. "Historically they have all been considered women's issues," McPherson said. "If we call them women's issues, what does it allow us as men to do? It is my issue as a man to talk about violence against women." McPherson speaks on issues of gender violence at universities and other venues across the country. He is an advocate, educator and speaker and the Executive Director of the Sports Leadership Institute at Adelphi University.

Enjoy cultural experiences; come to Latino movie night

by Billie Foster
Staff reporter

"Traffic," "Waiting List," "Open Your Eyes," "Maria Full of Grace," are all movies that give insight to Latin American culture. For those who are interested in movies from foreign countries, then you should check out Latino movie night at Central Washington University. This weekly showing of films start-

ed winter quarter of 2005. The films are set in or about Latin America and are shown to create awareness about the region's culture and locus. "We hope that viewers use the movies as an opportunity to do several things, practice Latino language comprehension, learn about places in Latin America, and become aware of unique cultural realities found in the region," said J. Anthony Abbott, professor of geography and land studies with an

expertise in Latin America. The movies being shown are popular films made in Columbia, Ecuador, Mexico, Argentina and Brazil. These films are generally shown in Spanish or Portuguese with English subtitles. Occasionally there will be a piece shown that has been produced in Europe or the United States. While these movies are based on true stories, they can be anything from laugh-out-loud comedies to tear-jerking

drama. Upcoming movies include, "City of God," "Maria Full of Grace" and "Sin Dejar Huella." The Latin American cultural films they will be shown at 7 p.m. every Monday during spring quarter in Black Hall room 151. Admission is free. For more information contact J. Anthony Abbott at 963-2044 or check out the calendar for spring quarter on his Web site www.cwu.edu/~abbotta/classes/LMM.html.

Upcoming Movies:

- May 9: City of God
- May 16: Maria Full of Grace
- May 23: Sin Dejar Huella
- May 30: Memorial Day no movie

All movies are shown at 7 p.m. in Black room 151



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MAY

5 - PEDRO THE LION AND THE CRUSTACEANS WILL PERFORM AT 8 P.M. IN CLUB CENTRAL. ADMISSION IS FREE

- HOLOCAUST REMEMBRANCE DAY

6 - DEDICATION OF SCULPTURE BY JOHN ROGERS "RADIANCE REVEALED" AT 5 P.M. AT THE MUSIC EDUCATION BUILDING

- LAST COMEDY SHOW OF THE QUARTER WITH VINCE VALENZUELA AT 8 P.M. IN CLUB CENTRAL. ADMISSION IS \$3

- VICCI MARTINEZ PERFORMS AT THE FIRST FRIDAY DANCE. 8 P.M. AT THE MOOSE LODGE. ADMISSION IS \$8

7 - EIGHTH ANNUAL VIDEMUS LECTURE AND FILM SERIES. "THE CORPORATION," CANADA 7 P.M. BLACK 151

8 - VIDEMUS SERIES. "SEPTEMBER 11" 7 P.M. BLACK 151

9 - WINE INDUSTRY MARKETING AND PUBLIC RELATIONS IN THE PACIFIC NORTHWEST SEMINAR IN THE SUB. COST IS \$345, BUT STUDENTS ONLY HAVE TO PAY \$40. INCLUDES SEMINAR, TWO LUNCHES, TWO BREAKFASTS, NORTHWEST WINE CELEBRATION, BLIND TASTING CONTESTS, AND A YEAR SUBSCRIPTION TO VINEYARD AND WINERY MANAGEMENT. TO REGISTER CALL 1-800-353-5670, EX. 199. RUNS MAY 9-10.

- LATINO MOVIE MONDAY AND VIDEMUS SERIES SHOWING THE BRAZILIAN FILM "CITY OF GOD," 7 P.M. BLACK HALL RM. 151

10 - VIDEMUS SERIES. "TRUE STORIES" USA 7 P.M. BLACK 151

11 - VIDEMUS SERIES. "THE CELEBRATION" DENMARK 7 P.M. BLACK 151

5 MINUTES WITH... LESLIE STRAWN

by Caitlin Rainsberry
Staff reporter

Leslie Strawn, a 20-year-old sophomore majoring in psychology with a minor in family studies, hopes one day to open her own practice specializing in marriage and children's counseling. She was born in Seoul, South Korea and was adopted at three months. This makes her the youngest in her family with two brothers. While attending school full time she manages to hold down two jobs and still finds time to volunteer.

Strawn works at the Civic Engagement Center, heading up all of the Bonner Scholarship recipients. Strawn, herself is a recipient of the Bonner Scholarship, which awards students who volunteer a minimum of 300 hours per year with a \$1,000 scholarship award.

To work toward Strawn's 300 volunteer hours she donates her time to ASPEN working on the crisis-line.

Her paying job consists of helping customers at Williams' Campus U-Tote-Em, where she sometimes finds herself working nearly 30 hours per week.

Q: Why are you at Central?

A: I originally came here because I wanted to teach and I heard the education department was nationally known. Also, my brother graduated from Central and really liked it and recommended it.

Q: What are some of your favorite memories of Central so far?

A: The really late nights in the dorms when my roommate and I would get together with our neighbors, and put all of our mattresses together and

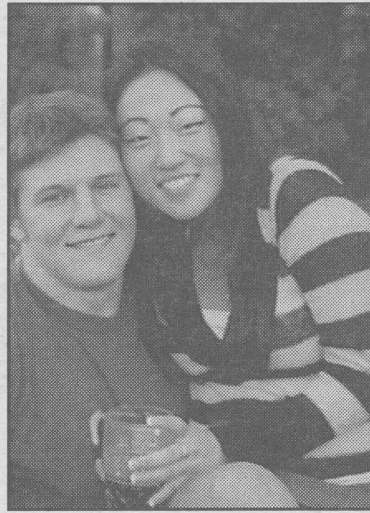


photo courtesy of Leslie Strawn

have a big slumber party and stay up all night watching movies and talking.

Q: What do you miss most about home?

A: My mom's cooking and the mall

Q: What foods would you choose to eat for the rest of your life?

A: Noodles with butter and cheese, avocados, Greek Moussak (which is an eggplant casserole), crab cakes, and mangos. Oh, and ice cream. I have to have ice cream.

Q: What qualities do you look for in others?

A: A sense of humor, an open mind and selflessness.

Q: What qualities do you hope others see in you?

A: Leadership and selflessness

Q: What is your favorite drink?

A: Captain Morgan Rum, and no I don't mix it, and lemon water.

Q: What is your favorite quote?

A: "Dream like you'll live forever and live like you'll die tomorrow." James Dean

We all have one.
Tell yours Happy Mother's Day!

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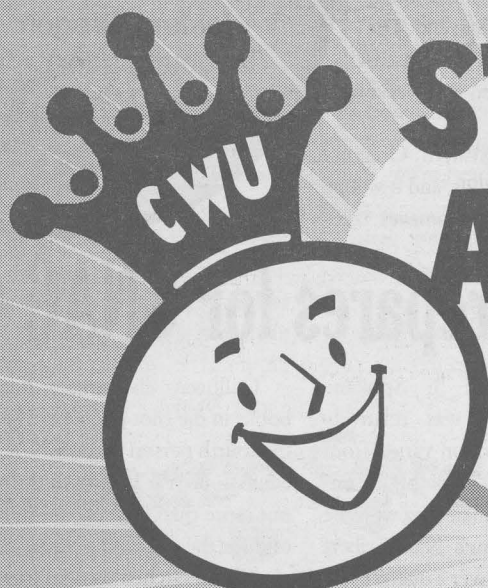
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SPORTS



A cut above. Infielder Tanner Swanson takes batting practice as the Wildcats prepare to take on Western Oregon this weekend.

Michael Bennett/Observer

Wildcats split with Saints, prepare to take on Western Oregon

by Teddy Feinberg
Staff reporter

The Central Washington Wildcats split last weekend's four game series versus the Saint Martin's Saints. In a pivotal match up, Central dropped the first contest, won the next two and fell in the fourth. Any hopes of a West Regional playoff berth hinge on this weekend's series against the Western Oregon Wolves, a team that swept Central in a four game series earlier this year.

"From our outlook, we could use a split," said coach Desi Storey. "Nobody has gone down there and swept them in a long time."

Down 2-1 heading into the final game, second baseman Gordon Chubb delivered the game tying base hit and was followed by leftfielder Troy Martin

who got the go-ahead RBI single scoring two runs. The Wildcats tacked on two more to win 6-2. Justin Knutsen got the win, while Tip Wanhoff picked up the loss for the Saints.

Game three featured another complete game victory for Chubb, pitching nine innings, only surrendered three runs. Third baseman Jacob Beerbower got the go-ahead base hit in the seventh when he singled home designated hitter Kevin Knutsen.

Hopes of taking three from Saint Martin's was dashed in the final game on Sunday. Pitcher Eric Peterson, who dazzled his last time out, only lasted two innings giving up nine hits and six runs. Central put up three tallies late, falling 6-3.

"Eric's arm has been bothering him and he didn't let us know," Storey said. "He actually hurt it a few weeks back."

Game one of the series, a pitcher's duel, saw Scott Parish take the loss for the Wildcats in a 3-2 defeat.

"We got great pitching last weekend," Storey said. "For the first weekend since the beginning of the year, we didn't hit."

The real test for Central comes on Saturday in Monmouth, Oregon and is a daunting one at that. The Wolves are 14-1 against Great Northwest Athletic Conference foes and 33-11 overall. They are currently ranked third in the Western Region behind only Mesa State and Chico State respectively. The Wolves have won 15 of their last 16 games and have opened up a sizeable lead in the GNAC.

Truth be told, Western Oregon's entire lineup is dangerous, and it will be a challenging task to whomever takes

the hill for Central come Saturday.

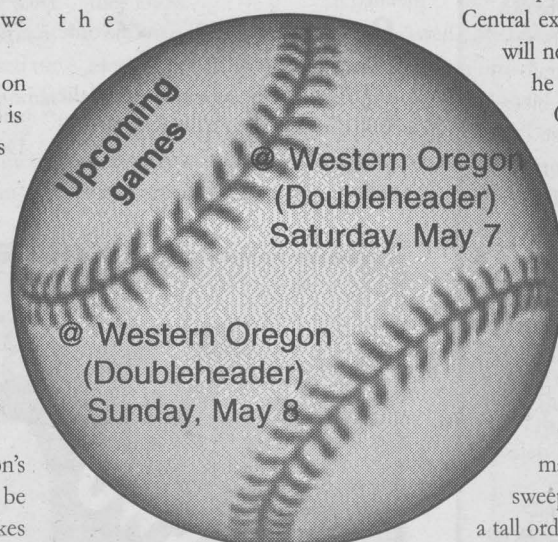
The Wildcats can certainly hit the ball. Central has out-smashed Western Oregon this season by 20 homers. The difference in

series will be from a pitching standpoint, a statistic that Western Oregon leads when compared with other teams in the GNAC while giving up nearly a run less per game than the Wildcats. If

Central expects to battle, their hurlers will need to be sharp. Storey says he plans to send out Parrish, Chubb, Jesse Orton and Adam Kemp.

"The last few years, their pitching has been a little more consistent than our," said Storey. "We're gonna hit. Our pitching will need to hold their offense down."

Storey said that even if the Wildcats find a way to make things interesting with a sweep, a playoff birth will still be a tall order.



Central sends records out the door, prepares for GNAC Championships

by Frank Stanley
Staff reporter

Coming off a rough outing at Pullman last week, the track and field team returned to dominating form last Saturday at the Duane Hartman Invitational Meet in Spokane.

The Wildcats won eight events overall, while setting two new season bests in the Great Northwest Athletic Conference.

On the wake of the GNAC Championship meet, this overall success is a huge boost for the team as they go into the biggest competition of the

season.

Three Central athletes reached provisional national qualifying marks in their events. Senior Mike Pankiewicz, in the men's 800-meter run, and seniors Blake Walker and Jacob Galloway, in the men's hammer throw, all bested the national standard for their events.

"We had a lot of good performances and we have a lot of people taking their momentum in the right direction," head coach Kevin Adkisson said. "As far as the full team goes, this [the GNAC Championship Meet this weekend] is the big meet of the year, and we're really excited."

The meet, hosted by Spokane Community College, was relatively small, but the competition varied from uncontested events to a few photo finishes. For example, Pankiewicz won the 800 ahead of Spokane's Nick Seibert with a margin of just over a quarter second -- 1:52.48 to 1:52.74.

Walker's and Galloway's throws in the hammer went far above the national qualifying mark, despite finishing in seventh and eighth place.

Walker's throw of 178-10 set a new GNAC conference best, and Galloway's throw of 172-07 moved him to third for the season.

Galloway also made the record books in the shot put, where he became the fourth person in the GNAC conference's four-year history to throw a shot put more than 50 feet, finishing in second for the day with a throw of 51-04.

"I've scratched on a 53 [foot throw] before, so I knew it could be done," Galloway said. "I worked on my form, and felt a lot better with my throws. As for the hammer, I only expected a 160, but that extra distance was a surprise."

Tiger's triple jump of 36-11 was the other GNAC season best for the Wildcats.

Overall, Central had 20 top-three

finishers for the meet. Sophomore Sam Scotchmer in the men's 1500-meter run, sophomore Robert Edwards in the men's 110-meter hurdles, sophomore Cameron Neel in the men's discus, senior Christin McDowell in the women's hammer throw, sophomore Anjuli Spear in the women's long jump and freshman Hailey Amos in the women's pole vault.

Overall, Central had 20 top-three finishers for the meet.

With three meets left in the season, the Wildcats host the biggest meet of the year, the GNAC Championship meet, at 10 a.m. this Saturday.

FACE-OFF QUESTION:
WHO WILL WIN THE
NBA CHAMPIONSHIP?

ANOREXIA:
GROWING TREND PUTS
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MASCOTS:
WACKY NAMES AND THE
TEAMS WHO OWN THEM

SPORTS CALENDAR:
SEE WHAT IS COMING UP
IN WILDCAT SPORTS

Enjoying the great outdoors on two wheels



by Andy Reeves
Staff reporter

The weather is warming up and the days are growing longer, so get off the couch and enjoy the outdoors on two wheels. Miles upon miles of trails await adventure-seeking mountain bikers in the Wenatchee National Forest.

Located minutes north of Ellensburg, Wenatchee National Forest has a wide variety of trails and roads that appeal to all skill levels. Higher elevations offer alpine-like terrain for more advanced riders.

Less confident beginners can find slightly challenging terrain in the lower elevations. Beginner or expert, Wenatchee National Forest is definitely worth exploring.

"I'm really happy the weather is better," said Leann Plato, senior elementary education major. "I hope I can come up here [Wenatchee National Forest] as much as possible this spring."

Wenatchee National Forest has over 2.2 million acres of land, with more than 7,500 miles of roads and trails. It would take years to experience everything the forest has to offer. The Ellensburg Chamber of Commerce can provide booklets and maps of the areas.

I've spent the last week exploring roads and trails off Reecer Creek Road. The paved road twists and turns, continually increasing in elevation, leading travelers to the Table Mountain area.

As soon as Reecer Creek Road narrows from two lanes to one, the challenge of an all uphill ride begins. Being fairly new to mountain biking, I find it much easier to drive about halfway up before taking my bicycle out of the bed of my truck. That way I have more energy to attack the trails in the higher elevations.

You don't have to spend much time riding on the paved road to find a trail to explore. It seems as though there are potential trails every few hundred feet

up or down the paved road. Every day I chose a higher starting point, and found more challenging trails as I progressed into the higher elevations.

"The whole time you're riding, your legs are burning," Plato said. "But when you finally take a break and look around, you want to keep going."

As you work your way into the higher elevations, the views of the valley below become more and more spectacular.

I frequently found myself stopping to take in the scenery.

On most of my stops, I spend the majority of the time catching my breath and contemplating why cycling looks so much easier on television. Luckily, after a few miles, my legs have either warmed or gone numb and the ride is much more enjoyable.

The hard uphill work pays off when you decide that you've had enough. Now that you're worn-out you can at least look forward to the ride back. The final portion of the trip is nearly all

downhill. You do have to take it kind of slow, unless you want to try out your helmet. The narrow road, oncoming traffic, large drop-offs, and abundance of trees serve as constant reminders to take it easy.

A tragic cycling accident would definitely put a damper on a good day of riding, unless you're willing to risk it.

"I like to see how fast I can go without killing myself," said Steve Rothwell, senior sociology major. "I also like to get away from school and spend a little time outdoors."

When you finally decide to get off the couch and enjoy the outdoors, make sure you're prepared.

Check your equipment, make sure you have plenty of water, a good idea of where you're headed and maybe a light snack.

Most importantly, remember that you're in the forest; a little toilet paper can come in handy.

Bringing some will definitely allow you to return home with both socks.



Andy Reeves/Observer

Clearing the path. Visitor Jeremy Maupin looks for the next challenge at Table Mountain (Top). John MacLean, elementary education, rides down a hill in pursuit of the rush of mtn. biking.

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The weekly sports face-off

Should there be an age limit in the NBA?

The NBA season has planned out to have the obvious choices for the top four teams in the NBA.

In the East, you have the reigning champions, the Detroit Pistons, and the top-seeded Miami Heat. In the West, there's the San Antonio Spurs and the best team during the regular season, the Phoenix Suns.

The Phoenix Suns will defeat the Miami Heat in six games, taking the crown as the 2004-2005 NBA champions.

The way I see it, Phoenix has the most dominant starting five in the NBA, with Amare Stoudamire, Joe Johnson, Shawn Marion, Quentin Richardson, and my pick for the MVP, Steve Nash.

No other team in the league has the scoring balance between their starting five, and the Suns take into the playoffs an explosive offense that scores quick and hard.

Looking at it stat-wise? Well consider these regular-season facts: the lowest scorer (Nash) still had 15.5 points per game, but that is justified by his league leading 11.5 assists per game.



Frank Stanely
Staff reporter

Johnson and Richardson make one of the deadliest outside shooter tandems in the game, with Richardson being another league leader in three-pointers made.

And Marion? We'll call him the Sun's rebounding machine, as he was top five in nearly every defensive rebounding category - second in rebounds per game, total rebounds and defensive rebounds, not to mention he was also top five in steals.

That leaves us with Amare, the team's top scorer and a deadly one at that. The league's fifth best scorer and third best from the foul line, Amare's biggest strength is his

ability to be a constant threat inside the paint, being second in the league only behind Miami's Shaquille O'Neal in field goal percentage.

Miami would find huge defensive woes, and the offense would put way too much pressure on Dwayne Wade if O'Neal was out.

Seeing a battle between the conference bests in Miami and Phoenix. I still believe it will be Phoenix in the end.

The NBA finals are slowly creeping our way and the Seattle Supersonics are starting to smell the Larry O'Brien trophy. They have clinched the first round and are now ready to take on the winner of the San Antonio Spurs/Denver Nuggets game.

The Sonics have improved by at least 15 games this season and the only team that hasn't added any new players to their starting lineup going 52-30 this season.

The last time Seattle was in the playoffs was seven years ago when they lost to the Sacramento Kings in five games.

Ray Allen helped the Sonics get a 3-1 lead over the Kings by scoring a playoff record of 45 points in game four and threw down 30 more in the game clincher.

The other teams hoping to win this year are the Phoenix Suns, Miami Heat, Detroit Pistons, and the San Antonio Spurs, among others.

Phoenix has Steve Nash, Amare Stoudemire, Shawn Marion and Quentin Richardson who are all highly ranked players but they concentrate too



Heather Watkins
Staff reporter

hard on offense and not as much on defense. Also, if Nash goes down, the whole team falls apart. He leads their team.

Miami has big-man Shaq on the court along with second year player Dwayne Wade who works together quite well. I think that the Allen-Lewis duo can take them on and beat Miami.

Detroit won the championship last year and they have a lot of key players like Ben Wallace, Richard Hamilton and Chauncy Billups. However, they could be surprised by the Sonics doing so well that it might throw off their game plan.

San Antonio is a good team with players like Tim Duncan, Manu Ginobili, and Tony Parker. Duncan needs to work on getting down the floor and Parker has to work on getting the basket and not just good looks. They could struggle as the time comes closer.

With all these great teams Seattle has a tough road ahead of them. But when they focus and execute their game plan they can beat just about anybody. The trophy will go to the Sonics.

Anorexia athletica:

A growing trend to work-out excessively is hazardous to health

by Rhiannon Holbrook
Staff reporter

Dedicated. Competitive. Active. Driven.

Each of these terms describes many of the students and student-athletes on campuses across the nation. Now add another descriptor: Addicted.

According to Crystal Rubert, senior exercise science major and certified personal trainer at Central Washington University, a trend is emerging within the fitness community that leans towards over-training and addiction to working out, and athletes are at a high risk.

This trend is anorexia athletica, also known as compulsive exercising. While still under investigation and not yet a fully recognized disorder, anorexia athletica has become one more eating disorder for health professionals to watch out for in their clients and patients.

Jesse Aust, personal trainer and manager at The Gym in Ellensburg, said that compulsive exercise can be extremely physically destructive.

"A person with this condition will exercise beyond what is healthy," Aust said. "They won't just exercise to keep fit."

Compulsive exercisers are preoccupied with burning calories and take severe measures - even working out while injured - to avoid gaining weight. According to Rubert, this could lead to permanent physical damage.

Rubert said that average people, not just professional athletes, can become

involved with this disease. According to the American College of Sports Medicine (ACSM) guidelines, a non-athlete should expect to exercise at a moderate level for 30 minutes, three to five days a week.

"People with this disorder will greatly exceed this amount," Aust said. "They'll go for hours at a time, without stopping."

The difference between a serious athlete and a compulsive exerciser can be hard to ascertain.

"A serious athlete knows what they need to do to get where they want to be," Aust said. "There are no goals, no stop signs with a compulsive exerciser, and no ability to see when enough is enough. No matter what they achieve, it's never going to be good enough."

Rupert believes that compulsive exercisers give off definite indications of their sickness.

"A person with anorexia athletica calculates how much to exercise by how much they eat and they will exercise when sick or injured. They might be totally exhausted and they have to use stimulants like coffee, caffeine pills or energy drinks to keep going. They always talk about working out and exercising or their training schedule," Rubert said, adding that the last sign is the easiest to recognize. "They can hide the others, but if they are having problems with this, then training and working out is all that's on their mind, and

see ANOREXIA, page 16 ►

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Central softball stumbles against third ranked Humboldt State

by Brooke Saul
Staff reporter

Central's softball team had two goals this weekend: beat third ranked Humboldt State and win the Great Northwest Athletic Conference title. Instead, after a disappointing weekend, Central came back to Ellensburg without the title.

"Each year we're doing better and better," said catcher Kelli Spaulding. "We're getting closer to winning the title."

The Wildcats lost the first game on Friday against Humboldt, 3-2. Pitcher Sarah Withers received the loss. Withers allowed five hits and two walks in four innings. Pitcher Sara Badgley came in the fifth inning, allowing only two hits and one run. The only runs Central had were from a solo home run by catcher Kelli Spaulding in the sixth inning and a fielder's choice in the seventh inning.

"It's good to play schools like Humboldt because it is a good evaluation of the future," said coach Gary Frederick.

In the second game on Friday, the Lumberjacks shut out the Wildcats 3-0. Withers received the loss, while pitching two innings. The only hits from Central were two hits by center fielder Jenna Bellamy and outfielder Jenee James.

"I think I did well defensively," Bellamy said. "Offensively, I know I could have hit better in the games rather than just a few."

The first game on Saturday, Central lost 7-1. Badgley received the loss. The only Wildcat run came in the third inning off a single to center field by shortstop Annie Becker, which brought in first baseman Catrina Robertson.

The Wildcats lost in the second game of the doublehead-

er, 4-2.

Pitcher Meaghan Craig, who is now 2-4, received the loss. The only runs for Central came in the first inning off a two-out single by right fielder Patty Martinez to right field, which brought in Robertson and James.

Sunday's games also brought another day of losses against the Lumberjacks. Central lost the first game of the doubleheader, 10-2. Withers and Craig pitched for the Wildcats, both of them pitching three innings. Withers struck out two, only allowing seven hits and three earned runs.

Craig allowed six hits, seven runs, only one of which was earned. In the fourth inning, the center fielder for Humboldt had an error, allowing Martinez to score. During the fifth inning, Spaulding had a sacrifice fly to center, allowing James to score.

The score of the final game between the Lumberjacks and the Wildcats resulted in a 7-2 loss. Bellamy and Sweeny were the only ones who brought in runs for the Wildcats. Bellamy's RBI was a single to second base, allowing Robertson to score.

Sweeny's RBI was a single to left field during the sixth inning, bringing in Martinez.

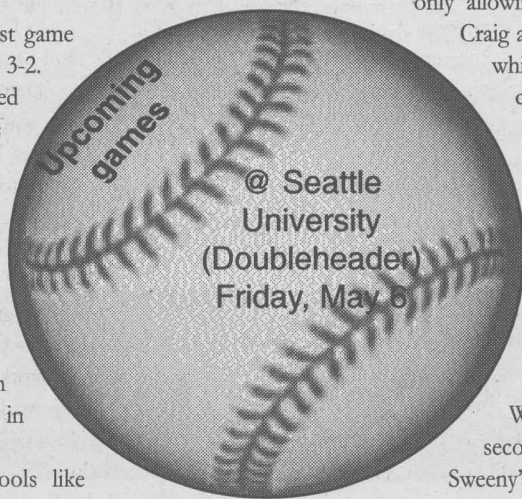
The last doubleheader of the season for the Wildcats will be at 2 p.m., on Friday, May 6 in Seattle against Seattle University.

"Friday's doubleheader is important as we still have a chance to get second place in the division, depending how Western Washington University does," Frederick said.

In the past, the Wildcats have been successful against Seattle University. Central has a record of 2-1 against Seattle.

"We have an opportunity to knock them [Seattle University] out of the playoffs and end our season on a good note," Spaulding said.

For more information about Central's softball team go to wildcatsports.com.



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ANOREXIA: Cause for concern hits the gym as athletes push too hard

◀ continued from 14

they can't keep from talking about it."

Rubert has worked with many professionals, including coaches at C  tral and believes that coaches have a lot of influence on athletes with this disorder.

"Coaches will push their athletes to the max, and more. They will give approval to those athletes that push themselves. Someone with a self esteem issue would do anything to get that approval."

Athletes work closely with coaches to ensure that they are training and working to their greatest potential. Rubert said that the difficult task is being conscious of athletes' physical and emotional limitations.

"It's possible that our coaches could be making things worse; CWU coaches drive their athletes hard," Rubert said. "Although, CWU coaches are doing a good job acknowledging that this is a potential problem and are dealing with it before it becomes an issue. I think they're mostly aware of their athletes' [abilities] and are not pushing them too hard."

The highest risk factors are women, and people with addictive personalities, according to Aust.

"It's a psychological thing. Self esteem issues are common in compulsive exercisers," Rubert said. "It's not any different from [other eating disorders]; you're just over-exercising rather than sticking your finger down your throat."

Aust has known and worked with compulsive exercisers for many years, and is familiar with how to handle people with this disorder.

"They won't want to take anything away from their workouts, so help them by offering alternatives. Don't directly confront them and accuse them of having this problem." This, Aust said, will only push them farther away.

Rubert offers this advice: "If you know of someone like this, talk to them. Just remember that it is a mental disorder and that they really need to get professional help."

The Central health center is available for confidential consultations at (509) 963-1881. More information on this topic can be found at www.anorexiabulimia.net.

Rooting for the craziest mascots on earth

Observer reporter takes an in depth look at mascots and the teams they represent

by Chris Thompson
Staff reporter

When Jack Norworth wrote "Take Me Out To The Ballgame" in 1908, I don't think he expected the words to be changed to "...root, root, root for the Biscuits, if they don't win it's a shame." In Montgomery, Ala., that is exactly what happened.

From the Montgomery Biscuits of the Southern League to the Lansing Lugnuts of the Midwest League to the Arkansas Travelers of the Texas League, Minor League Baseball is a breeding ground for names that can only be thought up after getting plunked in the head with a 90-mile-an-hour fastball. Even an episode of "The Simpsons" influenced the naming of a team.

When the Calgary Canons moved to Albuquerque N.M., they became the Isotopes, a nod to the "Springfield Isotopes."

In our own backyard, the Everett Aquasox

have a tree-frog as a mascot. At its home games, the team's mascots consist of a man-size frog named Webbly and a man-size hot dog named Frank. If I was a little kid, I would be scared out of my Pull-ups.

It isn't just baseball that has interesting mascot names. The Arena Football League has brought us the Colorado Crush, the Philadelphia Soul and the New Orleans Voodoo. Apparently in Tennessee, our feline friends are spelled k-a-t-s, according to the AFL's Nashville Kats.

College athletics are not immune to the crazy name bug. In Washington state, we have The Evergreen State College Geoducks (pronounced goo-ee ducks.) Athletes at the University of California-Santa Cruz compete as the Banana Slugs. My sister is proud to be a graduate of Colorado School of Mines, home of the Orediggers. I'm still trying to figure out exactly what a Crimson Tide is and what relation it has to the University of Alabama.

High schools around the country have been singled out for their creative mascots names. In Illinois, Polo Community High School students are the Marcos while down in Georgia, Cairo High School athletes competes as the Syrup Makers. Personally, I wouldn't want to play the Benson Bunnies (Omaha, Neb.), they sound fierce.

We have some great names here in Washington. Seattle Sonics' point guard Luke Ridnour was a Blaine Borderite.

There are the Chelan Goats, the Explorations Screaming Penguins, the Lincoln Abes and the Wahkiakum Mules, to name a few but not nearly all of the, shall we say unique, mascots. I vote that Ellensburg High School changes its mascot from the Bulldogs to the Rodeo Clowns.

When it comes to the best name in history, it goes to a hockey team that doesn't exist anymore. Who wouldn't root for the Macon Whoopee?

sports calendar

Baseball

1 p.m. Saturday, May 7
@ Western Oregon
(Doubleheader)

Softball

2 p.m. Friday, May 6
@ Seattle University
(Doubleheader)

Track and Field

GNAC Championships
10 a.m. Saturday, May 7
Home

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